

# Albany County School District Middle School

## May 13th - May 17th 2019

Our menus are aligned with the USDAs Healthier U.S. School Challenge. Menu is subject to change.



Fruits & Vegetables offered daily with lunch choices.

A variety of fruits & vegetables are offered, including locally grown produce when in season. Low fat or fat free milk & 100% juice included with all meals.

LUNCH PRICES: MS Reduced: \$.40, MS Full Pay: \$ 2.90, Adult Lunch: \$ 3.90

### A Variety of Favorites



Daily made-to-order chicken, beef, bean & cheese options with assorted toppings



- MONDAY** Rotini & Meatballs w/ Garlic Breadstick
- TUESDAY** Pulled Pork on Bun w/ Baked Beans
- WEDNESDAY** Salisbury Steak w/ Mashed Potatoes, Corn & Roll
- THURSDAY** Macaroni & Cheese w/ a Bread Stick
- FRIDAY** Chili Frito Pie

### Made-to-Order Deli Sandwiches



A variety of bread, meat & cheese options with assorted vegetable toppings & condiments



- MONDAY** Meatball Sub Special
- TUESDAY** Teriyaki Chicken Special
- WEDNESDAY** Bacon, Lettuce & Tomato
- THURSDAY** Chicken Caesar Sub
- FRIDAY** American Combo



### Burgers & Grill

Burgers, grilled cheese & chicken sandwiches with fries offered daily

- MONDAY** Hot Dog w/ Fries
- TUESDAY** Chicken Tenders Sandwich w/ Tots
- WEDNESDAY** Bacon Cheeseburger w/ Fries
- THURSDAY** Chicken Tender Basket
- FRIDAY** Sloppy Joes w/Tots



### Pizza, Flatbread & Stromboli

Cheese & pepperoni pizzas and Caesar salad offered daily

- MONDAY** Spicy Italian
- TUESDAY** Hot Pocket Pizza
- WEDNESDAY** Margherita Pizza
- THURSDAY** Chicken Bacon Ranch Pizza
- FRIDAY** Sausage



### Made-to-Order Mexican

Daily made-to-order chicken, beef, bean & cheese options with assorted toppings

- MONDAY** Nachos, Tacos & Burritos
- TUESDAY** Nachos, Tacos & Burritos
- WEDNESDAY** Nachos, Tacos & Burritos
- THURSDAY** Nachos, Tacos & Burritos
- FRIDAY** Nachos, Tacos & Burritos



**Vegetarian**



**Smart Pick**

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

*This institution is an equal opportunity provider.*

